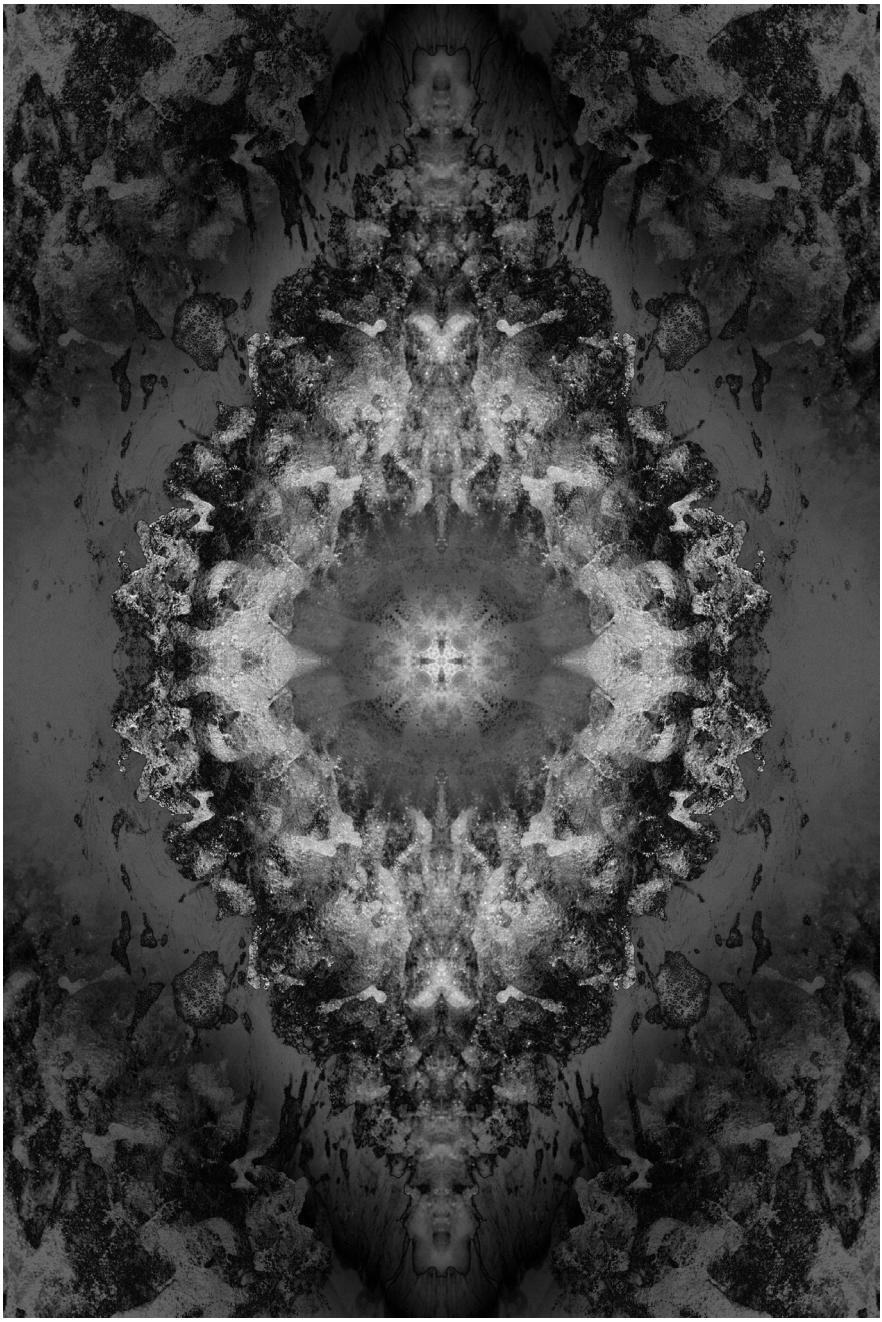

Sejeluho . Lik De Zji

When you are the Sun, you reside in perpetual night.
Enjoy the stars as the light comes from within.

Observe your thoughts.

Who is the observer?

The one who isn't interested in judgement or arguments.

The one who doesn't worry but is content, at peace.

The one who is in joy. For no good reason, just enjoying being alive.

Joy requires no effort. You allow it to grow.
It grows only when you accept what is.

. . .

Mankind is the Universe laughing at its own doings.
You are a part of it. You are included.
Only laughing along makes sense.

. . .

Others will demand your attention.
It is not theirs to demand.
It is yours to give.

. . .

Suppose you like to drink coffee with milk.
You mix them together and it tastes exactly the way you like it.
You don't then separate and label.
You savour every sip.
Live like that.

There is no greater joy than loving.

. . .

Judgement impairs your ability to enjoy life.

. . .

You are tremendously more vast than your body, mind and emotions. They are but specks of dust in the limitless universe that is you.

. . .

Walk the walk.
Skip the talk altogether.
Just walk .

. . .

The only destination you can ever have is always now.

Your desires and expectations are yours.
They are completely useless to everyone else.

Your peace of mind is also yours.
It is most useful to everyone else.

. . .

Share your love without rules or wanting it returned.
The same way trees let go of their blossoms.
Coloring all in majestic splendor.

. . .

There is always space for more love. Love is the space.

. . .

Your heart beating
Is everything

Your opinion is a fantastical interpretation of reality.
It has nothing to do with the truth.

. . .

Life is not something you do.
It is what you are.

. . .

Your tastes and moods are liquid.
Nature is in a constant state of change.
Allow yourself the same freedom.
Flow with the wind.

Stop thinking and you discover what is real.

. . .

When you live, you win.
There is no losing.
Only the gaining of experience.
And the only rule is love.

. . .

All that ever happened and
all that ever will happen,
and we're right in the middle of it.

. . .

Leave the playing field and stand by the sideline.
Observe the spectacle.
Take a break.

. . .

Live like a good jazz album, improvise, change your mood at will,
create freedom, be freedom, be the prediction of the future you desire.

Other people's lack of patience is not caused by you.
It is caused by their resistance to what is.

. . .

You have absolutely no obligation to make anyone else happy.
Be selfish. Selfish means "like the self".
Society has turned it into something negative. It is not.
Make yourself happy, so that others can do the same.
Only without relying on another for happiness can you find lasting peace, which will then in turn benefit those you come in contact with.

. . .

You are an amplifier of emotions. Just a word can be the trigger.
Choose what triggers you. Let it only be what you like.
And what you like will gradually become your life.

. . .

Only ever be serious about joy.

. . .

All that is left is life.

Why expect a slice of happiness from something or someone else?
You don't know whether it'll be any good.
You don't know whether it will last.
You can only guess.
Why guess if you can be sure?
Realize that you have all the ingredients to make an entire cake full of happiness for yourself, and eat it too!
It will be exactly the way you like it. And it's free!
It's all inside yourself. The ingredients, the oven, the kitchen, ...

Everything you need, you are.

. . .

Release your mind and listen with your entire body.
What comes will sing.

. . .

You are the temporary embodiment of that which is limitless.

. . .

Opinions and judgements are built on quicksand.
Realize you are the quicksand

Security doesn't exist. You're chasing a ghost. Nothing is secure.
Insecurity and security are fantasies.
Look at security from a farther viewpoint.
The entire universe is insecure.
Have you seen the surface of the moon?

Relax.

You're alive.

It's a miracle.

Enjoy it.

. . .

The past is sand that has slipped through your fingers.
Instead of worrying about the sand that got away, simply enjoy the feeling of the endless stream of sand that flows on and on.
Don't wonder where it's coming from either. Focus on what it feels like.
That's you. That's life.

. . .

Your entire life is your work of art. Let the Universe be your curator, for there is none more suitable, look at the stars and listen.

. . .

If there is nothing you can do, then that is what's needed.

Open yourself up to the infinite.
And you will find satisfaction everywhere.

. . .

Everything in existence is a variety of the same but different.
In a forest all the trees look the same, but they're all different.
Put a hundred naked human beings in a field and from a distance they all look the same, as you look closer the subtle differences become clear.
There's absolutely no need to strive to be unique.

You already are.

. . .

You're not lost as long as you enjoy where you are.
You can only enjoy here now.

. . .

In the Universe there are no mistakes.
Mistakes are a result of judgement.
With lack of judgement mistakes disappear.
And so does suffering.
What is left, is reality.

. . .

Nobody can break your heart.
The pain you feel is what you imagine heartbreak to be like.
In reality you're fine. Not in danger. You're identified with being a victim of the rules you made up in your mind. Rules you inherited.
Emotions have no rules.
You're not supposed to feel a certain way.
You can feel any way you like.

Your body and mind are your hardware and software.
Consciousness is the electricity that makes it function.
How well you function depends on the code you write.
The simpler and shorter the code, the more power is available.

. . .

If you want to find peace then stop following the news. You won't find it there. It won't make you feel good. You won't be missing out. On the contrary, when you are subjected to the media you're missing out on life. You are being fed second hand information. The drawing has already been colored. Create your own colors instead.

. . .

Your body follows your state of mind and simultaneously you receive feedback from your body, there's constant communication inside you. Balance is achieved when you let body and spirit synchronize, by letting go of the importance of thoughts.

. . .

When you are the awareness of everything that exists then there's nothing to hold onto but yourself.

. . .

Ultimately, you are all you have. Everything else can be taken away.

. . .

If you find yourself struggling with life, then stop wrestling.
Let life win. Choose life. Embrace it.

Your past is mostly irrelevant.
What is important is who you are now.
Simply let your story go on.
Without restrictions or judgement.

. . .

Your *entire* life is *now*.
All of it.
Life never was and never will be.
It only is.

There is only an intent for tomorrow.
A fantasy of what might be.
There is no life beyond now.
This is it.

. . .

Make being conscious most important in your life.
Joy will come. You will enjoy what you do not enjoy now.
Trust the continuity of being present.

. . .

Laughter creates a rhythm that's in harmony with your heartbeat.
That's why it feels so good. It's synchronization with life itself.
It heals. It nourishes. It amplifies.
Laugh, and love follows.

Own the now.
It's all you can ever truly possess.
Make it your empire.

. . .

The air seems to be nothing,
yet it can stroke your face,
or destroy your house,
how you lead life,
is you.

. . .

Seeking fulfilment in another,
is trying to frame the sky.
Drop the frame,
love all the heavens.

. . .

We are raindrops,
falling into the ocean.
We are grains of sand,
storming the beach.
We are pearls of air,
dressing the waves.
We are lightning,
flashing through it all.

Why try to predict the future when you are creating it every moment?

. . .

Telepathy is not going to happen if you constantly talk.
Let's evolve.

. . .

Suppose your life is a glass of water.
Just a single drop of an extract can change the flavour of the entire glass.
You are that drop.
Your entire range of emotions are the flavours that are available.
What you want to taste from life is up to you.

So what flavour do you like?

. . .

You constantly interpret, translate, label, evaluate and distort reality.
However, when you look at reality as it is, unbiased, without doubt or judgement, it becomes more alive.
Everything is more sharp.

Look at reality as it is, instead of looking for meaning.

Reality *is* the meaning.

CONSCIOUSNESS
IS
MULTIDIMENSIONAL
INTUITIVE FOCUSING
OUTSIDE TIME

It is a lens that simultaneously zooms in and out, indefinitely.
It loves itself because it is all that it knows to exist.
It constantly creates another like itself.
It must be experienced to be known.
It is perpetual motion in stillness.
It eternally gives birth to itself.
It is the highest form of love.
It is quantum.
It is infinite.
It is eternal.
It is.
It.
I.

There is no alternative to the present moment.
You can not escape it.
Only your mind is foolish enough to try.
Your entire being exists only now.

. . .

Consciousness never goes anywhere.
It has nowhere to go but itself.

. . .

When you meditate you return to what is most valuable.
And what is most valuable is gradually, or suddenly, returned to you.

. . .

How someone else interprets what you say has nothing to do with you.

. . .

Life is a game.
Are you the player, or are you being played?
If you are being played then who is playing you?
It can only be yourself.
You *are* the game.

The Universe has to create the illusion of seperateness otherwise it would not learn about itself. Part of it has to forget who it is in order to discover what it is and reunite itself in an immense flash of bliss.
Just a massive fully convinced smashing into itself is inevitable.

. . .

You choose what you see.
So choose what you *want* to see.

. . .

If you rush baking a cake then surely you'll burn it.
Take yourself out of the oven of your mind.
Let your soul cool down for a bit.
Be cool.

. . .

When you let go of time, life blossoms.

. . .

You can not learn who you are.
You can only feel yourself.
You can only experience the truth.
From the inside out.

You are passing through, as your blood is passing through you.

. . .

Birds sing, not because they want to sell platinum records.
Not because they're paid for it or want to be adored.
They sing because they can, because they are alive.
Celebrating being.

Masters they are.

. . .

Let stillness invade and conquer you.
Take.
It.
All.

. . .

The Earth is spinning around itself.
Follow its example. Return to your axis.

. . .

What are negative emotions?
Where do they come from?
Who is the one generating it?
Aren't you cured when you, yourself stop perpetuating negativity?

You are the goal.
You are the end of the road.
And you are the road as well.
There is no end.

. . .

Once you realise that you are observing the suffering you are free from suffering. Physical pain may persist but it will no longer manipulate your thoughts and emotions.

. . .

When is enough, enough?
When you know you are enough the answer is now.

. . .

Create a vacuum inside and open up.
The life of the universe will come pouring in.
Surrender, and it will pour out of you.

. . .

Dive inside, be quiet and the confusion ends.

Now you may experience reality in a very limited way.
As if you're listening to an orchestra through a telephone.
Awakening is realizing you are the whole entire orchestra.

. . .

Align your entire being with the truth of who you are.
A multidimensional human being aiming to reach its full potential.
Approach all with a sense of acceptance while residing in the powerful present moment you always have the choice of inhabiting.

. . .

True value lies in joy itself, not in what provides you joy.
What's most important is the quality of joy, the experience, the being of it. These emotions that you so desperately seek are at your command and wait for your call to stride forward into your experience.
They are always there.
It is your task to discover that there is an infinite supply for you to beckon in any moment.
Fearlessly summon into your being that which you wish to feel.
That is the power you have.

. . .

Don't let language be your prison.
Be like a newborn and forget that words exist.
Let there be nothing at once.
And everything you are will unveil itself.

Embrace being unpredictable.
Nature is unpredictable.
You are nature.

. . .

Are you the victim of your thoughts?
Or the creator?
It is your choice.

. . .

Bet equally on *all* of life.
The result is neither gain, nor loss, but balance.

. . .

You are a bit of everything, a soup of thoughts and emotions.
Now stop stirring your soup and drink it.
Experience the warmth and flavor.

. . .

Be love and you need not receive it from another.

. . .

Thoughts are like clouds.
The less there are,
the more sun you get.

Consciousness reveals itself by using the body as a vessel to communicate in a way the mind can not comprehend. It speaks the language of emotion.

. . .

It's only when you can accept yourself as you are,
that you can accept the rest of the world.

. . .

Nature loves balance.
We are nature and love creates balance.
Imbalance is lack of love within.
When you allow love inside yourself then balance follows.

. . .

Dancing with my thoughts, I open my hand.
Up they jump, into bliss.
Joyful thoughts.

Every second dies to the now.
Nothing survives the present.
Yet all is born from it.
It is who we are.

. . .

You pay so much attention to the future that you have your nose against the windshield. Move your head back so you can see your breath mark. You are creating your life with every breath you are.

. . .

Let your need for the future fade a little.
Bring the present in focus.
Slow down.

. . .

Let your opinions and judgements drop like flies throughout the day.
Notice how many or how few you have.
Feel a sense of freedom rising as you gradually move from reacting to accepting.

. . .

Create beautiful thoughts, and you will notice more beauty.

A quiet relationship.

Without talking about the past, present or planned situations,
nor frustrations or joys. To be together with a minimum of words.
Going by intuition and feeling eachother.
Enjoying silence, together.
Just silence and music.
No judgement, expectations or attachments.
Making the entire house a temple.
Communicating with your eyes and body.
Slowing down. Getting to know eachother on the deepest level.
Seeing every emotional detail.
Tender touching.

. . .

The entire Universe is a Grand Experiment.
All of history, mankind has been improvising.

. . .

When you are aware, then judging is out of the question.

Go undercover and let your silence infiltrate wherever you go.
Be a Special Agent of the Universal Bureau of Zen.
This is your task, and your only force.

. . .

Don't live by habit. Live by whimsy.
Change with the wind, without apology.
Give up making promises and accept none from anyone else.

. . .

Be like a lighthouse while the sea is stormy and waves crash into you.
All you need to do is be here, standing tall in your own light.
No need to prove anything. Just shine the life you are.

. . .

You always have the choice to stay in the center of any storm that arises.
Let others get caught in the wind and swirl around you, simply watch the drama as a detached observer.

. . .

You may think life is a work in progress.
But you already are the finished product.
In essence you are always complete.
Stop working on yourself and be finished.

. . .

You are the force that fuels your heart.

Let go of conditions. “I love you, *but you must...*”, is nonsense.
By loving conditionally you are setting up your own suffering.
Let eachother be free.

No conditions, no suffering.

You want freedom but you don’t allow yourself to have it because you made a promise to someone.
Instead promise to yourself to let yourself be free, always.

Empower yourself, no one else can do it for you.

. . .

Look yourself in the eye and see past the human being.
See what only you can see.
Feel what only you can feel.
Let your breath ignite your soul.

You begin at the end of every exhalation.

. . .

You can only know real life if you reside in the moment.

Engage your soul's cruise control and shift your mind into neutral.

. . .

With every second that passes, the next second is made. Effortlessly.
Let your worries pass away, along with every second of your life.
Die to your fears, for eternity has nothing to fear.
You exist in eternity, you are made of it.
You are born out of it and you return to it.
You never leave existence.

. . .

Stop chasing happiness. You can't chase yourself.

. . .

Thoughts are like fish getting caught in the net of your attention.
Cut the net and let it all sink.
Know you are the ocean.
Accept nothing less.

. . .

You can only make another happy insofar as they can allow themselves to be.

Be.
Lay the rest to peace.

. . .

You exist.
You are part of nature.
You are the nature of existence.

You are alive.
You are meant to be alive.
You are the meaning of life.

. . .

Your reputation is an irrelevant collection of opinions and judgements from people who don't really know you because they don't know themselves.

Your mind shapes and colors what is to be amplified and manifested in your life.

. . .

Use silence to burn your questions.
Once they are reduced to ashes you will find the answers in what grows from that fertile ground.

. . .

As you meditate pull your head into your heart.
Witness your heart. Visualize your very own heart.
Come closer.
What's more important than being alive?

. . .

Zen is smelling your own armpit.
Do the same with your thoughts.
Just smell and laugh.

Now is always a good time to start with silence.

. . .

As you wake up every day, create a moment to be grateful for what you have. When you make it a habit, you will experience the enjoyable moments more intensely.
You will appreciate, that which you have, more fully than before.
Reasons for gratitude are as endless as existence.

. . .

Everything in life can be convenient if you let it unfold without resistance.

. . .

How you experience every moment depends entirely on you.
When you're fully engaged in the present, in the continuous now, you will not question it because there is absolutely no need to.
Only your mind wonders, for it does not feel.
Meanwhile, your heart beats relentlessly without any doubt.
It knows only the joy of being alive.

Searching for meaning or purpose
is drifting in orbit around the answer.
There's no need to search.
You are it.
Both the quest and the treasure.
Both the sattelite and the planet.

. . .

Make silence your only influence.
And you will influence all.

. . .

The more you talk, the less you say.
The less you talk, the more you say.

. . .

No library is large enough to describe or define consciousness.
Only the entire Universe is.

. . .

You will be alive your whole life.
Your breath is ceaseless as long as you live.
Your heart will beat for the rest of your days.
Realize how effortless staying alive is most of the time.

Your body is a semi-automatic metaphysical multidimensional self-building self-repairing biological machine made of the Earth.
Are you driving this magnificent creation through life the way you want, or is your mind autopiloting it?

. . .

A good teacher explains much with little words.
A great teacher lives by example.
But the best teacher is silence.

. . .

You are the actor in the play of your life.
But are you also the writer?
Or are culture, society, habits, conditioning, friends or your partner writing your life experience?

. . .

Once you accept what you perceive as your own negative traits, they disappear.
Once you accept your entire being as you are, you reset and rewrite your life.

In losing that which you thought you needed or wanted there is tremendous opportunity to accept that you are enough.
That above all you need yourself.

. . .

You are the center of your life.
The core of your existence.
Creating every moment.
Every heartbeat.
Every breath.
Is yours.

. . .

You are breathing.

. . .

Joy is created entirely by you.
You decide whether you enjoy something or not.
No one else.

. . .

Relax your tongue.

Consciousness.

Con-scious-ness.
Con: Confidence trick, also known as scam.
Scious: Having knowledge.

. . .

Whatever situation you find yourself in, there is something to observe, to learn, to appreciate, to be grateful for... staying true to your own calm self.

. . .

Every moment is an opportunity to remain peaceful and be a living example of how you want others to be.

. . .

If you love what you are doing, then you are successful.
Even if you are the only one enjoying your results, be it art, music, writing, cooking, cleaning... whatever you're doing.
If you enjoy what you are doing then you are a great success.

. . .

Pay attention to the trees.
They are always so full of joy.
The leaves laughing with the wind.
The branches waving at all of existence.
Always excited or deeply at peace.
They are always happy.

Hidden in plain sight.
Can not be seen, yet is everywhere.
Meditation shows the hidden architect.

. . .

Observe what anyone is saying or writing and strip it down to the bones.
What is the essence? Is there judgement? Is it infused with their emotions? Is it of any value to you? Does it interest you at all?
You don't need to allow others to influence your mood.
If anyone bothers you. Take a step back. Slow down.
You don't need to get involved with their emotions.
Look at everyone neutrally. You don't need to feel the way they feel.
You decide what you wish to think and feel, at any given time.
And so does everyone else. Make that decision consciously.
Over and over. Make it a habit.

. . .

The fact that you are still alive is an achievement unto itself.

. . .

Life is not an obstacle to overcome.
You are both the obstacle and the overcoming.
In unity you are peace.
In balance, all power.

Only when you let go of judgement, can you perceive reality.

. . .

Why silence?
So you can hear your heart.
Your heart has rhythm.
Always dancing.

You are nothing but life.

. . .

The Sun is always shining. Even when it rains, the Sun is still there.
It still exists. At night you don't throw yourself in a corner and weep because you think the Sun has gone forever, do you?
You know it is only temporary.
So just like that, when you go through dark times, you let it pass.

. . .

Pay more attention to yourself.
You will live from discovery to discovery.
Treasures and pleasures are scattered throughout your life.
All you have to do is pay attention.
Have eyes to see the wonders of your self and your close environment.
Feel your way through life, like a snake, wiggle through to the *other* way of living. Let it lead you to the forbidden fruit.
Which is not forbidden.
It never was.
It's all a lie.
We never left paradise,
paradise is you.

. . .

Whether the glass is half full or half empty is irrelevant.
Simply enjoy your drink.

The more you realize you are Creation, the more you become a creator.

. . .

Slow down and everything becomes easier.

. . .

No promises, no resentments, no expectations, no striving for anything.

. . .

Everything depends on how you react or not.
When you only react and give energy to what you like, the ice melts.
The river of your life starts to flow with more ease again.
It becomes more interesting as you shed the desire for control.
Let yourself be yourself.

. . .

I am a bottomless vase, and the infinite river streams through me.
I am the river as much as I am the vase.

Go on.
Do a silly walk.

. . .

There is no need for hope.
Hope implies the future is more important than the present.
It's an illusion.
Be here now.
Rooted in the reality of your being.
Nothing is more important.

. . .

God is not looking through your window.
God is looking through your eyes.
Open the curtains.

. . .

You are not just a part of the Universe.
The Universe is also a part of you.

. . .

The way you react to your circumstances is your responsibility.

Meditating is like kicking the air.
What happens when you kick the air?
You dance.

. . .

Your heart is hollow.
Take the blood away and it is an empty vase.
Your heart does not hold on to the blood that flows through it.
It enables the blood to flow freely.
As such, let your life flow with detachment.
Do not hold on to thoughts, things, people...
Allow them to come and go as they please.
Your heart is the greatest example.

. . .

All your power resides inside you, always, now.

. . .

You're right in the middle of infinity.

Be aware of the fact that you improvise your entire life.
You've done it since you were born.
Trust yourself.

. . .

Projecting expectations unto others is creating your own hell.
Your expectations of anyone are irrelevant and an insult to their free will.
The free will you value so very much for yourself.

. . .

The only way to create balance around you is to be balanced.

. . .

Speak through being.

A flower doesn't care what you think about it.
A mountain is above and beyond all judgement.
A river couldn't care less about being crossed.
A storm will blow your opinions to shreds.
Be natural.

. . .

Now is forever here to grab by the collar,
to kiss with the passion of creativity.

. . .

Love often hides
in the warmth and coziness
of your entire being.

. . .

Being human.
What a rush.
It's a wild trip.
Just being.
Peace.

. . .

When in dire situation remember this;
I'll show you how peaceful I can be.

When unloving, unpleasant thoughts arise, when judgements come, don't resist, but gently let them pass, softly blow them on their way like you would blow at hot soup. Then think about what kind of soup you would like and blow that away too. Now you have created peace and placed an order for the soup you want. But don't be too specific.
Just say you want the soup that best suits you.

TO HEAVEN WITH THIS BOOK

THE UNIVERSE

is a

PARTY